

# Coconut Cranberry Roughs



## Ingredients

2/3 cups brown rice syrup  
1 tbsp maple syrup  
1/3 cup coconut oil  
2/3 cup raw cacao powder  
¼ cup desiccated coconut (pop in when coconut oil is melted)  
½ cup cranberries

## Instructions

*Pop brown rice syrup, maple syrup, oil and cacao powder into a bowl and microwave until coconut oil melts (1-2 minutes). Watch closely and pop in coconut when oil have melted.*

*In a silicone muffin mould or patty cake paper, place a few cranberries in the bottom of the muffin mould. Pour in chocolate mix (approx. 1cm depth). Place in freezer for an hour and then transfer to fridge.*

*You can use nuts, goji berries, dates or pumpkin seeds instead of cranberries.*

*Makes 12 discs*